

Application Serial No. : 10/064,416  
Applicants : Thomas G. Topolski  
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The listing of the claims will replace all prior versions and listings of claims in the application:

**LISTING OF CLAIMS:**

Cancel claims 2, 4, 19, 31 and 32 without prejudice.

Please amend claims 1, 3, 12, 13, 16, 17, 27 and 28 as follows:

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1. (Currently Amended) A swim stroke trainer apparatus, comprising:  
a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force thereby promoting a downward motion of the hand and forearm, said forearm paddle including a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm to limit motion between the user's hand and forearm; and  
a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float promoting an elevated elbow.
  2. (Cancelled)
  3. (Currently Amended) The trainer apparatus of claim 2, wherein said forearm paddle includes a throat having a resistance surface adjacent said fin, said resistance surface applying pressure to the forearm.
  4. (Cancelled)
  5. (Original) The trainer apparatus of claim 1 wherein said forearm paddle includes a stabilizer for stabilizing the swimmer's hand.
  6. (Original) The trainer apparatus of claim 5 wherein said stabilizer comprises a member adapted to be gripped by the hand.

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7. (Original) The trainer apparatus of claim 6 wherein said member is laterally inclined.
8. (Original) The trainer apparatus of claim 1 including a connector connecting said forearm paddle with a swimmer's forearm:
9. (Original) The trainer apparatus of claim 8 wherein said connector comprises at least one strap.
10. (Original) The trainer apparatus of claim 1 including a connector connecting said bicep/tricep float with a swimmer's upper arm.
11. (Original) The trainer apparatus of claim 10 wherein said connector comprises at least one strap.
12. (Currently Amended) The trainer apparatus of claim 11, wherein said ~~floatation~~ massbicep/tricep float comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.
13. (Currently Amended) The trainer apparatus of claim 1 wherein said ~~floatation~~ massbicep/tricep float comprises at least two arcuate portions.
14. (Original) The trainer apparatus of claim 1 including a pair of said forearm paddles, one for each of the swimmer's forearms.
15. (Original) The trainer apparatus of claim 1 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.
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16. (Currently Amended) A swim stroke trainer apparatus, comprising:

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a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force, whereby said fin promotes a downward motion of the hand and forearm, said forearm paddle including a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm to limit motion between the user's hand and forearm; and

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a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float including a floatation mass having a hydrodynamically configured surface adapted to facilitate gliding through water, whereby said bicep/tricep float promotes an elevated elbow.

17. (Currently Amended) The trainer apparatus of claim 16 wherein said forearm paddle includes ~~a throat having a resistance surface adjacent said fin,~~ said resistance surface applying pressure to the forearm.

18. (Original) The trainer apparatus of claim 17 wherein said fin slopes downwardly or upwardly from said throat.

19. (Cancelled)

20. (Original) The trainer apparatus of claim 16 wherein said forearm paddle includes a stabilizer for stabilizing the swimmer's hand.

21. (Original) The trainer apparatus of claim 20 wherein said stabilizer comprises a member adapted to be gripped by the hand.

22. (Original) The trainer apparatus of claim 21 wherein said member is laterally inclined.

23. (Original) The trainer apparatus of claim 16 including a connector connecting said forearm paddle with a swimmer's forearm.

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24. (Original) The trainer apparatus of claim 23 wherein said connector comprises at least one strap.

25. (Original) The trainer apparatus of claim 16 including a connector connecting said bicep/tricep float with a swimmer's upper arm.

26. (Original) The trainer apparatus of claim 25 wherein said connector comprises at least one strap.

27. (Currently Amended) The trainer apparatus of claim 26, wherein said ~~floatation~~ massbicep/tricep float comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.

28. (Currently Amended) The trainer apparatus of claim 16 wherein said ~~floatation~~ massbicep/tricep float comprises at least two arcuate portions.

29. (Original) The trainer apparatus of claim 16 including a pair of said forearm paddles, one for each of the swimmer's forearms.

30. (Original) The trainer apparatus of claim 16 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.

31. (Cancelled)

32. (Cancelled)